



Healthy Bones

Why They Matter for Asian Americans and Pacific Islanders



Strong bones are important for good health. They give our bodies support, help us move, and protect us from injuries. Bones also store minerals that our bodies need to stay healthy. There are things you can do to keep your bones strong and healthy. Some of these include:

- Eating healthy, well-balanced meals
- Getting regular exercise
- Not smoking or drinking too much alcohol

These healthy behaviors can help you prevent **osteoporosis**, a condition where bones become weak and more likely to break. **In fact, half of all women and one in four men over the age of 50 will break a bone due to osteoporosis.** Most will break a bone in the hip, spine, or wrist.

If you have ever broken a bone, you already know how painful it can be. Even after a broken bone heals, many people continue to have pain for a long time and may need help getting around and taking care of themselves.

Osteoporosis is a real risk for older Asian Americans and Pacific Islanders. Younger women and men with certain risk factors can also get osteoporosis. For example, about 90 percent of Asian Americans are lactose intolerant, which means they have trouble digesting dairy products. Dairy products contain calcium, a mineral that is very important for strong bones. Also, many Asian Americans are small and thin, which increases the chance of getting osteoporosis.

You have the power to prevent or delay osteoporosis. Find out if you are at increased risk by answering the questions below:

	Yes	No
1. Have you ever broken a bone after the age of 45?	<input type="checkbox"/>	<input type="checkbox"/>
2. Did your mother or father ever break a bone?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you, your mother, or your father ever lost an inch or more of height?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever had breast cancer, prostate cancer, lupus, sickle cell anemia, kidney disease, or diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever taken medicine to control asthma, seizures, or a thyroid condition?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you exercise less than 3 to 5 days per week?	<input type="checkbox"/>	<input type="checkbox"/>
7. If you are a woman, have you been through menopause?	<input type="checkbox"/>	<input type="checkbox"/>
8. Are you small and thin?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you smoke?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you drink more than 1 or 2 alcoholic beverages per day?	<input type="checkbox"/>	<input type="checkbox"/>

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If you answered “yes” to any of these questions, talk to your doctor about steps you can take to protect your bones. Following are free resources to help you learn more about your bone health and risk factors for osteoporosis.

For more information on:	Call toll free:	Or visit:
Asthma	800–624–2663	www.niams.nih.gov/health_info/bone
Bone Health and Osteoporosis from the U.S. Surgeon General	800–624–2663	www.niams.nih.gov/health_info/bone
Breast and Prostate Cancer	800–624–2663	www.niams.nih.gov/health_info/bone
Diabetes	800–624–2663 800–860–8747	www.niams.nih.gov/health_info/bone www.diabetes.niddk.nih.gov
Exercise	800–624–2663	www.niams.nih.gov/health_info/bone
Kidney Disease	800–891–5390	www.kidney.niddk.nih.gov
Lactose Intolerance	800–891–5389	www.digestive.niddk.nih.gov
Lupus	877–226–4267	www.niams.nih.gov/health_info
Menopause	800–222–2225	www.nia.nih.gov
Nutrition	800–624–2663	www.niams.nih.gov/health_info/bone
Osteoporosis and Asian Americans	800–624–2663	www.niams.nih.gov/health_info/bone
Osteoporosis and Asian Americans/ Pacific Islanders and Native Hawaiian Women	800–994–9662	www.4woman.gov/minority
Osteoporosis and Seniors	800–222–2225 (Online only)	www.nia.nih.gov www.nihseniorhealth.gov
Risk Factors (Check Up On Your Bones Web tool)	(Online only)	www.niams.nih.gov/health_info/bone

Do you have osteoporosis or another bone disease? You may be able to help scientists learn more about these conditions. For information about research projects near your home, call the NIH Osteoporosis and Related Bone Diseases ~ National Resource Center at 800–624–BONE (624–2663) or visit www.nih.gov. You could make a difference!